

Diabetes and Alcohol

Diabetes and Alcohol

Alcohol is a source of calories. Much like fat in your diet, it can cause weight gain. Because alcohol is not converted into glucose, it can affect blood glucose levels.

Alcohol lowers blood glucose and can put you at risk for hypoglycemia. This happens because alcohol prevents the liver from releasing glucose. The symptoms of hypoglycemia and being drunk can be similar.

If you are taking medicines, check with your health care provider to see if you can drink alcohol. You can include alcohol in your food plan as long as you follow these guidelines:

- Drink alcohol only when your glucose levels are in good control.
- Never drink alcohol on an empty stomach. Drink alcohol with a meal or snack that contains carbohydrates.
- Limit your alcohol to no more than one to two drinks a day.
- Examples of one drink with minimal carbohydrates are:
 - 12 ounces of light beer
 - 5 ounces of dry wine
 - 1 ½ ounces whiskey, gin, scotch, vodka, etc.

- Examples of drinks with higher amounts of carbohydrates are:
 - wine cooler
 - regular beer
 - margaritas
 - liqueurs
 - hard liquor with regular soda or fruit juice.
- Limit alcohol if you are trying to lose weight.
- Wear a medical identification bracelet that says you have diabetes.
- Do not overeat — it can cause hyperglycemia.
- Do not drink alcohol if you are pregnant.

The chart on the back of this fact sheet lists serving sizes for different types of alcoholic beverages. It also lists the number of calories and grams of carbohydrate per serving of each beverage.

Serving Sizes for Different Types of Alcoholic Beverages

Amount	Type	Calories	Carbohydrate content
12 ounces	beer (4.5 percent alcohol)	150	13 g
12 ounces	light beer (2.8 to 3.5 percent alcohol)	75 to 100	5 g
1 ½ ounces	whiskey, scotch, gin, vodka, rum, brandy, tequila (86% proof)	100	less than 1 g
5 ounces	dry red wine, rose wine (12.2% alcohol)	85	less than 1 g
2 ounces	dry sherry (17% alcohol)	80	2 g
4 ounces	sweet kosher wine (11% alcohol)	130	12 g
2 ounces	muscatel, sweet sherry port (17% alcohol)	95	7 g
1 ounce	sweet or dry vermouth (12.6% alcohol)	35	4 g
4 ounces	Champagne (11% alcohol)	100	4 g
12 ounces	wine cooler (5% alcohol)	215	30 g
<p>Note: 12 ounces of non-alcoholic beer contain 60 calories. Note: 4 ounces of non-alcoholic wine contain 30 calories.</p>			